

Stress Fractures

Baylor SportsCare

We'll give you a healthy advantage.

Baylor SportsCare provides the winning combination of education, prevention, medical coverage and sports medicine for athletes of all ages.

- Access Baylor Health Care System specialized sports medicine physicians* and services throughout the Metroplex
- Medical coverage at games and events utilizing physicians, nurses and licensed athletic trainers
- Educational programs on injury prevention & performance enhancement
- Comprehensive medical support for groups, teams and individuals

For more information about SportsCare, or for help in finding a physician who is right for you, contact your local SportsCare representative at

(972) 512-7404

or call **1-800-4BAYLOR** and ask for "Baylor SportsCare"

*Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center or Baylor Health Care System. CE 12.07

A stress fracture is a small crack generally in the weight-bearing bones of the foot and lower leg that can occur from overuse through high-impact sports such as running, soccer, tennis, basketball and others.

Stepping up exercise frequency too quickly can lead to a stress fracture as can using ill-fitting or old sports equipment and changing the conditions of where the exercise occurs such as running outdoors when indoor running has been a routine. Females are at higher risk for stress fractures which many in the medical community attribute to irregular menstrual cycles that may decrease bone strength, osteoporosis and eating disorders. Incorrect techniques and even a blister can lead to a stress fracture developing because they have changed the way the foot connects to the ground, possibly placing added force on the load-bearing bones.

Slow onset pain that grows stronger with activity, including normal daily activities, but subsides with rest may be a sign of a stress fracture. Stress fractures may also produce symptoms of swelling, site sensitivity and even bruising. Six to eight weeks of rest is important to heal a stress fracture but depending on its severity, a doctor's appointment may be needed for conservative treatments that might include protective footwear or a cast. The treating physician may order a bone scan or magnetic resonance imaging scan to confirm a stress fracture diagnosis. In some cases surgery may be needed and often entails using a fastener to support the fractured bone(s).

To confirm or rule out a stress fracture, speak with your physician. If you need a referral to an orthopedist specializing in foot and ankle services, call 1.800.4BAYLOR or [click here](#).

